



For Immediate Release

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Volunteers Help Drive Program

Waukesha, WIS. –Waukesha County has a critical need for volunteer drivers to adopt a route and deliver meals for the Department of Senior Services Home Delivered Meal Program during lunch to seniors and homebound persons over the age of 60.

The program provides a safe and nutritionally balanced meal on a donation basis, allows individualsto live independently in their homes as long as possible, and saves money for both the recipient and the community by reducing health care expenses.

“I greatly enjoy the meals and visits with the drivers who deliver them. The program has definitely helped me stay in my home,” said Bernadine Genry of Waukesha who has been receiving meals for five years.

Meal recipients receive annual health assessments from the department, which are ranked according to high, medium and low risk categories. Information is also collected on health history, eating habits and medication usage.

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Mary Smith, the department's nutrition services supervisor said, "Most recipients enter the program at high nutritional risk, and after the second year in the program, have improved their nutrition status."

According to the 2000 U.S. Census Bureau statistics, the county shows a 35.2% increase in the number of adults over the age of 60 since 1990, ranking its senior population the second highest in the state.

Last year volunteers helped deliver over 95,000 meals for the county, but due to the rapid increase in senior population and program enrollment, more drivers are needed.

"There is a critical need for volunteer drivers to deliver meals to seniors and homebound people," said Melinda Stuart of the University of Wisconsin - Extension Nutrition Coalition.

"Donating as little as an hour out of your schedule can make a difference in a person's life and will ensure continued programming."

Volunteers must be over the age of 18. Convenient routes are available and can be scheduled weekly, monthly or on an as needed basis. Individuals and groups are welcome to participate.

In addition, there are fee-based providers that offer meals to the homebound that do not meet criteria for the county program. These organizations also use volunteer services to deliver food and served over 60,000 people in 2001.

If you are interested in becoming a volunteer driver, please contact Melinda Stuart at (262) 970-4713. For information about receiving home delivered meals, please contact Mary Smith at (262) 548-7834.

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